



## Balancing Calories and Activity

Calories are the energy your body gets from food. It is important to balance the calories you eat with the calories you use. The chart below shows how many calories are burned by different activities, foods that are equal the calories burned , and then a healthier choice that equals the same calories.

90 Minutes doing these activities:	Calories Burned	Common or Favorite Food Choices	Better Choice
Watching TV	90	7 potato chips	1 apple and a slice of cantaloupe
Skateboarding	443	1 egg and meat breakfast sandwich	2 bowls of cereal with 1% milk
Walking (brisk pace)	525	2 donuts	4 pancakes with syrup
Basketball Biking (fast pace)	540	1 large serving of french fries	4-5 oz. grilled chicken breast, cup of rice, green beans, and 8 oz. of milk
Swimming	675	3 slices meat pizza (1 slice =1/8 of a 12" pizza)	1 regular sized wrap sandwich, 1 oz. bag baked potato chips, small chocolate chip cookie
Soccer (competitive play or game play)	690	2 mall store pretzels - no dip	2 tacos (made with ground turkey), cheese, lettuce and salsa, cup of rice, salad with low fat dressing, and a half cup of ice cream
Running (moderate pace 10 mph)	850	6 ounces tortilla/corn chips	spaghetti with meatballs, 1 bread-stick, and an apple

### Things to Think About!

How are the common food choices different than the better food choices?

Which choices would make you feel fuller?

Which common foods are higher in calories?

What kinds of activities use the most calories?

# Eating Right to Feel Your Best!



You don't have to give up your favorite foods to eat healthy. Sometimes you can make a small change and still enjoy the foods you love!

**If you usually  
eat these foods:**                      **Give these foods a try:**

Bologna	→	Turkey, Chicken, Lean Ham
Hot Dogs	→	Low Fat Hot Dogs, Turkey or Chicken Hot Dogs
Fried Chicken	→	Baked Chicken No Skin
Fast Food Meal	→	Fast Food Meal with Salad Instead of Fries
Fast Food Meal	→	Fast Food Meal with a Bottled Water Instead of Soda
French Fries	→	Baked Fries or Baked Potato
Hamburger	→	Turkey Burger, or Small Hamburger
Pepperoni Pizza	→	Cheese or Veggie Pizza
Potato Chips	→	Baked Chips or Pretzels
Ice Cream	→	Low Fat Ice Cream, Sorbet, or Frozen Yogurt
Donut or Muffin	→	Bagel, Half of a Muffin (especially the megasized muffins)
Whole Milk	→	1% or 2% milk
Milk Shake	→	Fruit Smoothie
20 oz soda	→	12 oz soda
12 oz soda	→	Water or Milk
Sports drinks	→	Water

Eating healthy gives your body more energy and strength. It also helps your brain work better. Making substitutions to what you eat is an easy way to boost your energy without giving up the foods you love.

# Are you hungry?

## Do you want something quick to eat?

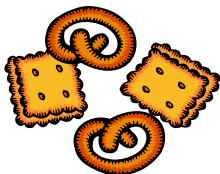
### Grab a snack that tastes great and keeps you feeling full.



Protein snacks like nuts, peanut butter, cheese and milk make you feel fuller and stay full longer.

Try these:

- trail mixes
- peanut butter and crackers
- cheese and crackers
- granola bars with nuts



If you want a snack that is low calorie try:

- fat free popcorn
- small bags of pretzels
- crackers
- animal crackers.

These won't keep you full for long but will hold you over in-between meals.



Eat crackers, pretzels and popcorn with low fat milk (a good source of protein). You get a combination of protein and carbohydrate. This will keep you feeling full longer.

# Help your child to be healthy!

## Make family time activity time



- Take family walks after dinner.
- Do yard work together.
- On the weekends plan an activity. Try hiking, biking, swimming, walking, or going to a park or playground.
- Activity helps build strong muscles and bones. It helps the lungs and heart to stay strong too!

## Make meal times part of the plan



- Serve water or milk at mealtimes, flavored low-fat milk is OK!
- Children age 1-6 should have only 4-6 ounces of 100% fruit juice per day; older children should only have 8-12 ounces.
- Limit sodas and high sugar drinks to 12 ounces per day. These are empty calories that children's bodies do not need.
- Set a good example for your children by eating healthy.
- Healthy eating is a gift that you give to your children.

## Make TV watching a family decision



- Turn off the TV during meal times.
- Limit TV watching to 1-2 hours per day.
- Cutting down on TV has a positive impact on children's health.
- When the TV is off your child will have more time to be active.
- Set time limits you can live with.

## Making changes in your family routine



- Make small changes and allow time for them to become habits.
- Parents are the best role models for children.
- What parents do and say is still the strongest influence on children. Say what you mean and do what you say.



# Kids Need To Be Active Every Day!

## Children need 60 minutes of activity each day to be healthy!

Activity minutes can be added up during the day - they don't have to be done all at once!

Easy ways to be active include:

- walking
- jumping rope
- dancing
- swimming
- bicycling
- skateboarding
- hiking
- playing
- ice skating
- snowshoeing
- playing in the snow



## Reducing “Screen” Time



If your family is not ready to become active you can start by reducing time spent watching TV, being on the computer, and playing video games, also called “screen” time.



Children need to experience their world to understand it. TV can get in the way of exploring, learning, and spending time playing with parents and friends. Family time is important to children of all ages. Replace some of the family ‘screen time’ with reading, puzzles, crafts and projects around the house.



An easy way to start watching less TV is to turn off the TV at dinnertime. This is a great time to talk to your children and bond as a family.

## For Infants and Toddlers

- Infants and toddlers need human interaction for proper brain growth.
- They get stronger and smarter when they have safe areas to explore and use their bodies. TV does not give them the human interaction they need.
- Place your baby on her tummy on a clean, flat surface and play with her. Put toys or a mirror where she can see or reach for them.
- Toddlers love to be active but need to be closely watched to make sure they are safe. Letting them be active now will help their bones and muscles grow strong.



# Great Ideas for a Healthy Halloween

Instead of giving out candy try:

- Temporary tattoos or stickers
- Plastic rings or vampire teeth
- Halloween themed bracelets or hair ties
- Colorful pencils, erasers, or pencil toppers
- Small (4 - 6 oz) bags of pretzels or baked crackers
- Small boxes of dried fruit
- Sugar free gum
- Small granola bars
- If you want to give out candy, buy the smallest sizes possible.



## Tips for Trick-or-Treat Night

- Make sure children have a healthy meal before they go out Trick-or-Treating.
- Remind children that it's not safe to eat candy until it has been checked by adult and it is not safe to enter a stranger's home or car.
- Have children travel in groups with an adult. Adults should wear light colors and carry a flashlight to be seen.
- Help children to be seen by cars. Have them use flashlights, add reflective tape to costumes, and glow-in-the dark necklaces or bracelets. Children are four times more likely to be injured by a car on Halloween compared to any other night of the year!
- Encourage healthy eating but don't get into a battle over it. Allow children to eat some candy on Halloween night but set limits, for example, 5 pieces to eat over the next few days. Keep candy out of sight to cut down on the amount of candy children ask to eat.

## Party – Halloween Style

**Add Activity** – a scavenger hunt, a costume parade, a sack race, pin the nose on the witch, and bob for apples.

**Pumpkin Ring Toss** - Line up pumpkins spaced a few feet apart (the distance will depend on the age of the children). Have children take turns tossing a hula hoop. See whose hula hoop gets around the farthest pumpkin.

**Craft Activities** - Shift the focus from candy to fun! Keep it simple - draw white ghosts on black construction paper with chalk, make spiders out of pom-poms and pipe cleaners, or draw jack-o-lanterns with black crayons on orange paper.



More party recipes and ideas on the next side →

# Healthy Party Ideas – not just for Halloween!

## Party Snacks

- Pumpkin dip for graham crackers (see recipe →)
- Baked tortilla chips and salsa
- Carrot and celery sticks with low fat or yogurt dip
- Apple slices for cheese or caramel dip
- Orange wedges
- Spooky Spider Crackers (see recipe ↓)

### Spooky Spider Crackers

Make a cracker sandwich using peanut butter or cream cheese. Insert 8 pretzel "legs" into the filling, four on each side. Spread a little peanut butter or cream cheese onto top of cracker and place raisins on top for "eyes".



### Pumpkin Dip

(from the Dannon Institute)



Mix together 3 tablespoons canned pumpkin, 1 cup low-fat vanilla yogurt, 1 tablespoon 100% orange juice concentrate, ½ teaspoon cinnamon and 1 tablespoon maple syrup.

Great with graham crackers!

## Party Drinks

Go back to basics: water, cider, and milk are great choices for party drinks. Most children today don't drink enough milk and drink too many sweetened beverages.



## Party Favors

At most parties kids get plenty of candy and sweets. Try party favors that help children stay active, be creative, and explore their world!



### Active Favors

- jump ropes
- airplane gliders
- yo-yos
- paddle balls
- beach balls

### Creative Favors

- side walk chalk
- coloring books
- paint with water books
- puzzles
- ribbon dance wands

### Exploration Favors

- magnifying glasses
- bug nets
- bug boxes
- binoculars
- nature journal

Holidays, birthdays, and other celebrations can be healthy **and** fun. Remember that these events are a time for children to play together, do activities, and crafts. With so many celebrations during the year, enjoy something from each one, but try to keep it simple.

For more physical activity ideas for children, go to: <http://www.dhhs.state.nh.us/DHHS/NHP/children.htm> .

This fact sheet was inspired by and used with permission from the Center for Science and Public Interest Halloween Fact sheet entitled, Ghoulishly Great Ideas for Halloween Parties and Trick or Treating, 2006.